



## Top Up - Easy

1. Warm Up 3' Moderate Effort
2. 4 x 30" Moderate Effort : 30" Easy Effort
3. 4 x 45" Hard Effort : 15" Off
4. Easy Effort 1'
5. 2 x 90" Moderate Effort : 30" Easy Effort
6. 2 x 15" Off : 45" Hard Effort
7. Easy Effort 2'

Session = 20'

